

Serving your personal journey toward enlightenment...

***Our soul intention for this e-newsletter is to create a positive, uplifting, inspiring and spirit-filled message (in amongst the conventionally-perceived journalism practiced today). We extend this offering to you and hope, if only for a moment in time, we provide a hint of another reality that is there for your embracing. Enjoy!***

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You are invited to share this e-newsletter with those family, friends, colleagues and acquaintances you think may be interested.

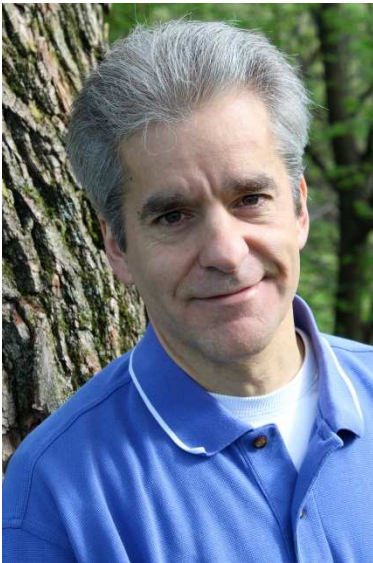
## In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:	2
1. Personal Story of Spiritual Lessons	2
2. Poem	3
3. Quote or Question	3
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:	4
4. Kathryn Kimmins – Laughter Yoga and Allergy Sufferers	4
5. Regiena Heringa – Notes from the Light – June 2015	5
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	7
6. Good News Of The Day	7
7. Radical Amazement	9
8. A Strange Predicament	10
9. Eulogy Versus Resume Virtues	11
HEART AND SOUL ADVERTISEMENTS:	12
10. Spiritual Resources	12
11. Sacred Attention Therapy	13
12. Spiritual Exploration and Soul Coaching	13
13. Spirituality Workshops	14
14. A Course in Miracles Global Community Centre	15
15. Serving Your Loved-Ones	15
16. Supporting Spiritual Guidance	16
17. OM Websites	17
18. Reincarnation Through Common Sense and Fearless Puppy on American Road	17

*If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to [newsletter@servinyourjourney.com](mailto:newsletter@servinyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### Purging material possessions

*“Sometimes we forget we even put it there. Sometimes we don’t know where else to put it. And sometimes we don’t know what to do with it, but we simply don’t want to let go of it. Afterall, it would mean letting go of the very person we think we are.”*

Almost four years ago (although it seems much longer than that), my partner and I moved into our current home. We were moving into a larger space and so we had more space to spread our material possessions around. Our new home had a basement; a new luxury for us. “Great!,” we thought. “We’ll have space to store our ‘stuff!’”

And ‘stuff’ we have, don’t we? And this stuff so often gets piled up in the basement. In some cases we don’t know where else to put it, so it goes in the basement. In other cases, we just don’t know what to do with it, but we cannot bring ourselves to get rid of it.

Almost four years later we are considering another move. This move will see us downsize significantly. So I have decided that over the coming months I will finally get rid of material possessions I simply am not using any longer. First place to start? The BASEMENT!!!

I venture downstairs and over to the corner of the basement where I have my ‘stuff’ piled. I start to rummage through the boxes of memorabilia and other ‘stuff’ that I have not touched since the day I moved into this home. Some of the ‘stuff’ brings back memories. Other ‘stuff’ I simply cannot believe I have kept it hanging around.

First, I decide to give away the ‘stuff’ that still has a lot of life left in it and someone else may enjoy using. This turned out to be quite easy, and quick. Next, I turned my attention to memorabilia that had been in my life for many years. What to do with it? It was memorabilia and no one else would relate to it as I do. Or do I?

When I looked at this memorabilia that had been sitting in the basement, collecting dust, for almost four years, I realized that’s where this ‘stuff’ had always been...in the basement of wherever I was living. If it wasn’t a physical basement, it was in a closet, or stored somewhere else. But it wasn’t being used or referred to, ever. It was just sitting there. So I decided...out it goes!

I was surprised at how easy it was to let it go. I was very aware of all the memories there were attached to the memorabilia, but it was surprisingly easy to let it go, once I actually decided to let it go.

As the last boxes were carried to the roadside for pick up by the city’s garbage collection services, I felt a great release from a patterned behavior that had been with me for most of my life. The idea of holding on to things that no longer served me.

The whole process of purging my material possessions felt remarkably freeing and was a metaphor for freeing myself from personality traits and character dynamics that no longer served me. If my inner work has taught me anything, it has taught me how desperately we cling to and hold on to our 'stuff.' We pile this 'stuff' up in the basement of our psyche. Sometimes we forget we even put it there. Sometimes we don't know where else to put it. And sometimes we don't know what to do with it, but we simply don't want to let go of it. After all, it would mean letting go of the very person we think we are.

I still have some cleaning out to do (don't we all!), both material possessions, and personal 'stuff,' but it's far more enjoyable than I could have imagined.

What 'stuff' do you have floating around in your life? What are you storing in your basement that is no longer serving you? Do you want to free yourself of this 'stuff?' If you are having difficulty letting go of your 'stuff,' what is holding you back? What are you afraid of?

All love and blessings from a happy and contented purg-er...

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Final Vision

When silence settles all across the world,  
No living thing but stillness holds its heart  
In rapt anticipation, and the peace  
Foretold so long ago at last has come.  
Only the face of Christ will still be seen  
Upon a world which, in an instant more,  
Will sink from memory without a sign  
It ever was. Where is perception when  
The Voice for God has said the last amen?

*Helene Schucman*

## 3. Quote or Question

"Understanding is the basis of love."

*Thich Nhat Hanh*

## CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:

*Spiritual Guidance is honored to collaborate with other Spiritual Guides and Teachers to serve your personal journey toward enlightenment. If you would like to be a contributing Spiritual Guide and Teacher to this e-newsletter, please contact Spiritual Guidance (our contact information is at the very bottom of this e-newsletter).*

### 4. Kathryn Kimmins – Laughter Yoga and Allergy Sufferers

Living in as we do in an ever-changing stress-filled environment, one is prone to various symptoms of stress, some of which can manifest as allergies or asthma. Constant or chronic stress results in a wide variety of stress-related illness including respiratory allergies which can at times lead to severe breathlessness.

Research has confirmed that negative emotions can trigger allergic skin reactions. Disorders like hay fever and eczema are regulated, in part, by hormones and neuropeptides released into the bloodstream in response to stress.

Laughter has been proven to be a definite tool to remedy stress. It can help in reducing the risk factors by boosting the immune system, encouraging deep breathing and flushing the lungs of stale air and generating a feeling of wellness.

Laughter Yoga increases the number and activity level of natural killer cells, which attack virus-infected cells and keep allergies at bay. Laughter Yoga encourages deep diaphragmatic breathing, increases the level of positive hormones and neuropeptides in the bloodstream and thereby reduces the risk of skin allergies. It helps to increase T cells and the antibody IgA which fights upper respiratory tract infections, while decreasing stress-induced toxins in the body.

According to a report in the *Journal of the American Medical Association*, Dr. Hajime Kimata of Unitika Central Hospital, Japan, studied the effects of laughter on patients allergic to dust mites, cedar pollen and cat dander. Skin prick tests using a commercial allergen were performed on 26 patients before and after they viewed the Charlie Chaplin comedy *Modern Times*. During the same procedure, a control group watched a video featuring weather information.

The results showed that allergic reactions of comedy watchers were reduced for four hours after the screening while there was no effect on allergic responses of weather watchers.

Stuck with allergies all year round, you don't have to be, start laughing using the unique concept of laughter yoga and jump start your immune system.



**ABOUT THE SPIRITUAL GUIDE AND TEACHER:** An enthusiastic and infectious positive speaker, Kathryn Kimmins energizes attendees and directs unforgettable laughter experiences. Kathryn's sessions dissipate stress while refocusing attendees. Cheeks get rosy; eyes clear and twinkle; impish grins are everywhere to be seen; the room rapidly fills with friendly smiles. Her educational and experiential classes serve to boost morale, improve retention, and encourage team-building and creativity. As a laughter specialist, Kathryn has appeared on CTS Network Television, CHCH Television, Hamilton Community News, Cable 14 News Hamilton and McMaster's radio station FM 93.3-CFMU. Kathryn can be reached by phone at 905-574-1765 or through her website at <http://www.laughyourselfhealthy.ca/>.

## 5. Regiena Heringa – Notes from the Light – June 2015

Thank you for your Spiritual Dedication

Kind people of this blue planet in transition, it is with tremendous love and fellowship that we thank you for such a fine commitment you are demonstrating to the worlds of gentleness, compassion and unity.

Yes, indeed, there is a powerful movement by forces of great shadow. However, as witnessed in the past history of your planet, these forces of separation will disappear under the waves of immense light and power which are sweeping your world. We can assure you of this.

It is to be remembered that the inner, microscopic world is truly reflected in the outer macroscopic world. Hence, the love and kindness you touch and nurture within your sacred self is automatically released to the outside world, if you will allow it to be so.

There are great steps which are being undertaken for the wholesome advancement of every discipline within your societies. These can be observed through the development of fine spiritual understanding and extensive research and progress in science, technology, medicine, economics and the many other domains that compose your world. These many discoveries and realizations which are being observed, accepted and developed upon your planet are rooted in the spiritual expression of your inner beings. The deeper your link to the divine core within, the more expansive your relationships to higher vibrational worlds and their loving friendships. You are being helped by many of us who have a more comprehensive understanding of your world and who eagerly await your association.

All thoughts, feelings and actions birthed within the language of love by your people, are carefully noted by the greater forces of good and light. Living the language of love indicates the spiritual advancement of individuals and prepares them for communication and friendship with magnificent communities dwelling in other spheres and dimensions.

Within each individual upon your planet, lie certain codes and patterns which indicate who are you, for they represent your divine birthright. These may remain latent or become active. You are completely at liberty, through the use of your own free will, how you wish to utilize these precious codes and patterns.

Let us present you with this simple illustration. Imagine that you are walking into a burnt forest and you exclaim, "How this forest lies in ruin!" However, here and there you discover pockets of flowers. At this very moment you are asked to choose between two possibilities of attention: to concentrate on the charred forest or on the grace of new life. Should you choose the beauty of the flowers, you have automatically selected to touch your divine core and to live from that essence, for beauty is the language of light. Hence, you have activated the divine codes and patterns within you. These inherently connect you to worlds of significant spiritual expression and lift you up to more expansive ways of being, learning and creating.

Therefore, with deep friendship from within our hearts, we thank you for your splendid dedication to spiritual advancement. It is through your commitment to all that is good and sacred that your world, our world and the many refined and noble universes may come together to celebrate this new life in an expansive community of the highest divine order.



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Regiena Heringa is a spiritual teacher, counselor and messenger and co-founder of the Institute for Spiritual Unfoldment and Interworld Studies (ISUIS). Through her writings, meditations groups, teaching, music and painting, and in concert with those beings of higher vibrational dimensions, Regiena facilitates the expansion of mind and heart in all who wish to participate in the creation of the sacred new world. For more information, kindly visit ISUIS at [www.nextagemission.com](http://www.nextagemission.com) or write Regiena at [rheringa@bell.net](mailto:rheringa@bell.net).

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 6. Good News Of The Day

*The stories below are reprinted from [www.dailygood.org](http://www.dailygood.org).*

There is immense transformative power in the collective if we can learn to skillfully harness the energy that emerges when we gather. In this piece, author and leadership consultant Alan Briskin outlines five conditions for the emergence of collective wisdom. Read on to see which elements you can leverage in your life. <http://www.dailygood.org/story/1019/leadership-for-collective-wisdom-alan-briskin-co-author-the-power-of-collective-wisdom/> **Be The Change:** Today, make a resolution to listen deeply and trust in the extraordinary.

After years of trying to manage all of the variables in her life, busy Heather Havrilesky wanted to be in touch with something bigger than her own fluctuating moods and needs, but without a belief system that required her to suspend disbelief. Most of all, she wanted to find a prayer that reminded her to serve other people more. Read more about her quest for a prayer. <http://www.dailygood.org/more.php?n=6327> **Be The Change:** We all long to connect with a larger truth. Try to turn away from busyness from time to time this week to ask yourself what you really value, in yourself and in others.

It all began on a cold day in 2006, when the Reverend Violet Little walked into a public restroom in Philadelphia. Inside, she found a woman washing her hair in the sink; and another, using the hand dryer to warm her clothes. They were the city's homeless; the silent voices in the night. It was within this moment that the Welcome Church was born -- a 'church without walls', and one that would soon become Philadelphia's refuge for the homeless. Since then, Little's church has grown by leaps and bounds. And now, offers the support of hundreds of homeless and non-homeless volunteers. Take a moment to read how one woman's heart is helping to change this world. <http://www.dailygood.org/story/1021/reverend-violet-little-encore-org/> **Be The Change:** Never doubt that one heart can make a positive change in this world. Make a list today -- what good things might you help to create?

Five years ago, Brian Bergman and a fellow yoga teacher set out to bring the practice of yoga to prisons in South Africa. At the time, their only resource were 'bucket loads of energy and compassion', and a steadfast determination to serve. Today, the Prison Freedom Project touches the lives of inmates in eight prisons, sowing seeds of radical transformation. It all began with a simple question: How Can I Help? <http://www.dailygood.org/story/1060/ask-yourself-a-simple-question-and-let-the-answer-unfold-maria-jain/> **Be The Change:** Imagine a world where we all spent more of our time finding creative ways to help, love and serve each other. We could transform our existence! For some inspiration from South Africa, check out SevaUnite's examples. <http://www.dailygood.org/more.php?n=6358a>

How do we measure time? From the passing of seasons to the minute hand on a clock, the way we capture and measure moments is always changing. Today, we have more and more ways to track time, but we don't seem to be any closer to figuring out how best to use it. What if we change the very way we situate ourselves in the "when"? What if we stop measuring time in terms of nanoseconds of productivity, and think about it in terms of heartbeats instead? In this graduation speech, software architect Paul Ford turns the concept of time on its head. Instead of focusing on using our precious time wisely, he challenges us to reshape time so that it better serves the precious heartbeats of others. <http://www.dailygood.org/more.php?n=6336> **Be The Change:** Focus on making sure the heartbeats you spend today are shared with others. Do one thing that frees up time for someone else.

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"Kay Eva was travelling through rural Cambodia on the day she realized her life calling. She was with a group handing out supplies to those in need when they approached a devastatingly poor family living under sheets of tin." What she learned that day changed her life and the lives of several Cambodians whom Eva's non-profit Stitches Of Hope serves. In this article, the author describes Eva's fearless and love-filled journey, from herself battling life threatening hardships, to sharing her strengths with those in need.

<http://www.dailygood.org/story/1041/kay-eva-saving-lives-in-cambodia-inspired-org/> **Be The Change:**

Take some time today to offer the gift of your love and kindness to someone -- a family member, friend, co-worker, stranger, or yourself. For more inspiration visit the Stitches of Hope website.

<http://www.dailygood.org/more.php?n=6329a>

As society continues to learn more and more from scientific research when it come to things like medicine and the environment, it has also led to something that might be a little more surprising: matters of the heart, or more simply... compassion. With the help of several scientific teams, researchers are starting to discover that one of the main nerves in the body might just be the fingerprint in helping people react and hone in on vital empathetic feelings towards others. <http://www.dailygood.org/story/1017/measuring-compassion-in-the-body-emiliana-r-simon-thomas/> **Be The Change:** Learn more about the meaning - and the benefits of practicing - compassion from the Greater Good website. <http://www.dailygood.org/more.php?n=6303a>

As the complications of life start to build -- whether it is health issues, financial concerns, or relationship problems -- it's important to find resources that enable you to skilfully navigate these challenges. And some of the best resources -- like mindfulness, compassion and determination -- are ones that already lie within you. Psychologist Rick Hanson, Founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom, gives a vital road map to help aid in the discovery of what he calls your "inner strengths."

<http://www.dailygood.org/story/1018/just-one-thing-grow-a-key-inner-strength-rick-hanson/> **Be The Change:**

Take a moment of your day to try and find one of your inner strengths, be it generosity, resilience, courage, wisdom or something else.

How do we find the good in this world when troubles seem so near? Is it by way of gratitude and kindness, and turning away from all thought that impedes? This lovely article explores the many ways in which we can begin to cultivate our longer-term inner evolution by way of our awareness of good.

<http://www.dailygood.org/story/1045/how-science-helps-us-find-the-good-jeremy-adam-smith/> **Be The**

**Change:** Find time each day to acknowledge the good which surrounds you. What is your heart most grateful for?

"What does empathy look like in action, and how can you incorporate [it] into your business model?" Ashoka, a non-profit organization that looks to entrepreneurial talent and new ideas to solve complex social problems, posed this very radical question. In response, three social enterprises from around the world shared their stories on how they build empathy and compassion. Their methods range from teaching young children in urban schools to cultivate emotional competence, and teaching empathetic financing in banks to teens and young adults, to harnessing our creative abilities to transform the world.

<http://www.dailygood.org/story/1042/the-role-of-empathy-in-entrepreneurship-ashoka/> **Be The Change:**

Take a moment today to experience the world from another person's (or object's) perspective -- to see with the eyes of another. For further inspiration and reading, check out Ashoka's Empathy Initiative here:

<http://www.dailygood.org/more.php?n=6318a>

V. R. Feroze was a rising star at SAP in Bangalore when he first found out that his son Vivaan was on the Autism spectrum. He locked himself in his bathroom and cried for a half hour. His friend, on the other hand, congratulated him: "A lot of people struggle to find a purpose, but you're lucky that you purpose has found you." Indeed, Feroze and his wife found their purpose. "My wife...decided to dedicate her life to Vivaan and help him grow...I decided to try to create a world that could engage more Vivaans." Feroze convinced his Fortune 500 company to hire four autistic employees and influenced more than 20 organizations to start hiring



autistic employees. He became vocal about the need to see everyone's gifts, writing a Forbes article that received a lot of attention. He had tears in his eyes when he learned that SAP announced that 1% of his hires would be people on the autism spectrum. Read on to learn more about this man who is proving to the world that everybody is good at something. <http://www.dailygood.org/story/1007/everybody-is-good-at-something-meeting-v-r-ferose-nipun-mehta/> **Be The Change:** How can something that you have labeled as a weakness in a loved one be seen as a strength instead?

"Jacques Verduin can speak with deep understanding about being worthy of our suffering. In 1997, he founded the Insight Prison Project, an innovative in-prison rehabilitative program in the notorious San Quentin prison, and later in 2011 the Insight-Out Program. There he works with violent offenders, listening to their stories, hearing what lies beneath their crimes. Through mindfulness training and deep trauma healing, his incarcerated clients transform their lives by learning to care for themselves, then in turn by becoming change agents in their community, be it their neighborhoods or the prison system itself." <http://www.dailygood.org/story/1049/it-s-about-your-stance-not-circumstance-awakin-call-transcript/> **Be The Change:** Look deeply at your hurt. Is it causing you to hurt others? What steps can you take toward healing?

## 7. Radical Amazement

Reprinted from [www.awakin.org](http://www.awakin.org).

--by [Rabbi Abraham Joshua Heschel](#) (May 04, 2015)

The surest way to suppress our ability to understand the meaning of God and the importance of worship is to take things for granted. Indifference to the sublime wonder of living is the root of sin. Wonder or radical amazement is the chief characteristic of the religious man's attitude toward history and nature. One attitude is alien to his spirit: taking things for granted, regarding events as a natural course of things. To find an approximate cause of a phenomenon is no answer to his ultimate wonder. He knows that there are laws that regulate the course of natural processes; he is aware of the regularity and pattern of things. However, such knowledge fails to mitigate his sense of perpetual surprise at the fact that there are facts at all.

As civilization advances, the sense of wonder declines. Such decline is an alarming symptom of our state of mind. Mankind will not perish for want of information; but only for want of appreciation. The beginning of our happiness lies in the understanding that life without wonder is not worth living. What we lack is not a will to believe but a will to wonder.

Awareness of the divine begins with wonder. It is the result of what man does with his higher incomprehension. The greatest hindrance to such awareness is our adjustment to conventional notions, to mental clichés. Wonder or radical amazement, the state of maladjustment to words and notions, is therefore a prerequisite for an authentic awareness of that which is.

Radical amazement has a wider scope than any other act of man. While any act of perception or cognition has as its object a selected segment of reality, radical amazement refers to all of reality; not only to what we see, but also to the very act of seeing as well as to our own selves, to the selves that see and are amazed at their



ability to see.

The grandeur or mystery of being is not a particular puzzle to the mind, as, for example, the cause of volcanic eruptions. We do not have to go to the end of reasoning to encounter it. Grandeur or mystery is something with which we are confronted everywhere and at all times.

Even the very act of thinking baffles our thinking, just as every intelligible fact is, by virtue of its being a fact, drunk with baffling aloofness. Does not mystery reign within reasoning, within perception, within explanation? What formula could explain and solve the enigma of the very fact of thinking?

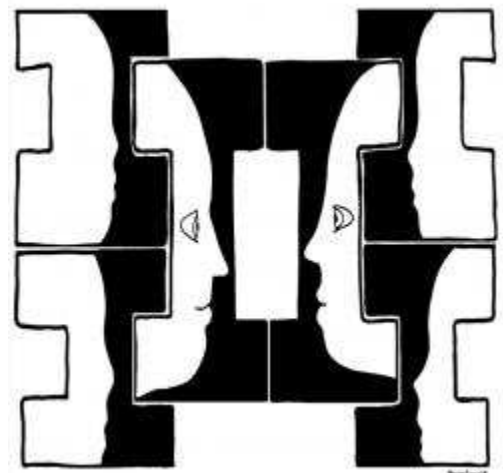
- See more at: <http://www.awakin.org/read/view.php?tid=1080#sthash.XX1UCNAV.dpuf>

## 8. A Strange Predicament

Reprinted from [www.awakin.org](http://www.awakin.org).

--by [Pavithra Mehta](#) (May 18, 2015)

When I stop to consider the facts  
They astonish me.  
There you are, couched in your own skin,  
And here I am in mine.  
No matter how close,  
We must each do our own living.  
Your heart cannot be persuaded to pump my blood.  
My lungs will not consent to breathe for yours.  
It is an odd arrangement.  
Inside me, a mansion of memory and anticipation.  
A place other people may visit, like a museum.  
Inside you, a similar mansion that I can visit.  
And with your permission, gaze at pictures on the wall.  
But only until closing time.  
And is this not a strange predicament?  
This seeming and inescapable individuality?  
The hard shell of 'I' that we live inside,  
Like soft-bodied sea creatures.  
When did we choose this?  
And on whose ill-advice?  
How different the world would be  
If we could waft through different identities  
As easily as the wind inhabits the trees.  
Then the woman selling flowers at the street corner  
Would be me.  
And the crumpled leaf of the half-blown rose in her bucket  
Would be me.  
And the man reaching into his back pocket to pay for the bouquet – me. Me. Me.  
Then I would not be 'I' any more.  
And neither would you.



No not at all and never again.  
Once out of the bottle  
No genie of sound mind ever chooses to return  
To such cramped, uncomfortable quarters.

- See more at: <http://www.awakin.org/read/view.php?tid=1069#sthash.PKfpUCIY.dpuf>

## 9. Eulogy Versus Resume Virtues

Reprinted from [www.awakin.org](http://www.awakin.org).

--by [David Brooks](#) (May 25, 2015)

About once a month I run across a person who radiates an inner light. These people can be in any walk of life. They seem deeply good. They listen well. They make you feel funny and valued. You often catch them looking after other people and as they do so their laugh is musical and their manner is infused with gratitude. They are not thinking about what wonderful work they are doing. They are not thinking about themselves at all.

When I meet such a person it brightens my whole day. But I confess I often have a sadder thought: It occurs to me that I've achieved a decent level of career success, but I have not achieved that. I have not achieved that generosity of spirit, or that depth of character.

A few years ago I realized that I wanted to be a bit more like those people. I realized that if I wanted to do that I was going to have to work harder to save my own soul. I was going to have to have the sort of moral adventures that produce that kind of goodness. I was going to have to be better at balancing my life.

It occurred to me that there were two sets of virtues, the résumé virtues and the eulogy virtues. The résumé virtues are the skills you bring to the marketplace. The eulogy virtues are the ones that are talked about at your funeral — whether you were kind, brave, honest or faithful. Were you capable of deep love?

We all know that the eulogy virtues are more important than the résumé ones. But our culture and our educational systems spend more time teaching the skills and strategies you need for career success than the qualities you need to radiate that sort of inner light. Many of us are clearer on how to build an external career than on how to build inner character.

But if you live for external achievement, years pass and the deepest parts of you go unexplored and unstructured. You lack a moral vocabulary. It is easy to slip into a self-satisfied moral mediocrity. You grade yourself on a forgiving curve. You figure as long as you are not obviously hurting anybody and people seem to like you, you must be O.K. But you live with an unconscious boredom, separated from the deepest meaning of life and the highest moral joys. Gradually, a humiliating gap opens between your actual self and your desired self, between you and those incandescent souls you sometimes meet. - See more at:

<http://www.awakin.org/read/view.php?tid=1083#sthash.rEcQLUu3.dpuf>



## HEART AND SOUL ADVERTISEMENTS:

*Consistent with Spiritual Guidance's philosophy, mission and vision (refer to <http://www.servingyourjourney.com/about.html> for more details) Spiritual Guidance offers free advertising in this e-newsletter to those persons and organizations interested in promoting their spiritual-related products, services or events. If you do choose to advertise in this e-newsletter, Spiritual Guidance requests you submit your text ad (no graphics please) to [newsletter@servingyourjourney.com](mailto:newsletter@servingyourjourney.com) by the 25<sup>th</sup> of the month, for distribution in the following month's e-newsletter.*

### 10. Spiritual Resources

Check out the resources on the Spiritual Guidance website's resources page (<http://www.servingyourjourney.com/Resources.html>). There is a plethora of articles, poems and meditations, books, organizations, practitioners and videos to browse.

In addition, the resources page contains a listing of almost 400 spiritual centres and retreats throughout North America (some international centres and retreats are represented). In parallel with the master list of spiritual centres and retreats, Spiritual Guidance maintains two other indexes. The first is an index by region, state or province throughout North America. The second index is by faith tradition, denomination or community including, but not limited to:

- Buddhist centres, temples, priories, and monasteries
- Christian retreat centres, abbeys and monasteries; including monastic communities such as the Jesuit, Oblate and Benedictine communities (includes denominations such as Catholic, Lutheran, Anglican, Baptist, Protestant, Pentecostal, Episcopal, Presbyterian, Methodist, etc.)
- Eco-wellness and nature-oriented-and-focused centres and retreats
- Hindu and other ashrams
- Jewish retreat centres
- Shaman centres
- Sufi retreat centres
- Taoist retreat centres
- Theosophical retreat centres
- Non-sectarian, non-denominational, inter-faith community centres and retreats (e.g., Brahma Kumaris, Sri Chinmoy, etc.)

If there is a specific spiritual centre or retreat you have in mind and/or are looking for, or you would appreciate some assistance in narrowing your search or exploring options (based on faith tradition, denomination, community, region, state, province or city), please contact Spiritual Guidance. We will be honored to assist you. Our contact information is at the very bottom of this e-newsletter.

## 11. Sacred Attention Therapy

Sacred Attention Therapy (SAT) references the etymological meaning of therapy: "attending to soul". SAT is a new paradigm of psychological and spiritual growth and development and is based on Richard Harvey's ground-breaking approach to depth psychotherapy, and on his 3-stage model of human awakening (<http://www.therapyandspirituality.com/>). This new paradigm of psychotherapy / counselling is an approach that takes into account the ego-based individual and the desire of the individual to grow spiritually. SAT recognizes the fundamental, true, spiritual nature of humanity and the intense longing for the truth about our real, divine state. SAT involves listening with the whole self to the soul of the other. This is what therapy should always be, or at least always aim at, because this is the profound depth of healing and reverence which two gathered together in search of truth can bring about. For more information about SAT, visit these websites:

<http://www.sacredattentiontherapy.com/index.html>

<http://www.servingyourjourney.com/Sacred-Attention-Therapy.html>

Sessions can be offered in person, by phone, or via Skype. For more information about booking appointments, please visit <http://www.servingyourjourney.com/Booking-Appointments.html>. To schedule an appointment, please contact me by phone (613-204-0299) or email ([rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com)).

## 12. Spiritual Exploration and Soul Coaching

Spiritual Guidance can work with you to serve your individual needs, whether to receive spiritual guidance, engage in dialogue about your life, or explore and develop your spiritual practice. Spiritual Guidance works collaboratively with aspirants to guide them through an exploration of their life to realize inner peace, joy, love, gratitude, compassion and forgiveness.

Guided sessions are typically held one-on-one at a location comfortable for the individual requesting guidance. Your guide may encourage a first meeting in a neutral, public setting to explore whether *Spiritual Guidance* can assist you at this time in your spiritual journey. Spiritual Guidance also offers spiritual exploration and life coaching services via an **international Skype practice**.

Each guided session may include a variety of activities—not limited to talking, walking, hiking, meditation, guided imagery and/or readings—that the individual requests and feels comfortable with. The purpose of these activities is to create a comfortable atmosphere for the individual to listen to their soul and explore their spiritual existence.

Sessions can be offered in person, by phone, or via Skype. For more information about booking appointments, please visit <http://www.servingyourjourney.com/Booking-Appointments.html>. To schedule an appointment, please contact me by phone (613-204-0299) or email ([rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com)).

## 13. Spirituality Workshops

### “Exploring Spirituality”

This personal exploration workshop will facilitate, embrace and celebrate the opportunity to explore spirituality. You will have the opportunity to discover: What is spirituality to/for me? What are the characteristics of spiritual living and spiritual people? What are the impediments to spiritual growth? What spiritual practice is possible and what works best for me? To add another interesting element to the workshop, you will have the opportunity to participate in meditation and guided imagery exercises to nurture and facilitate your experience. (\$165, 6 hours in duration)

### “The Laws of Spirit”

We live our lives surrounded by the ‘laws of the land’. Many of these laws are intended as a basis for social order. However, these human-made laws pale in comparison to a higher order of laws that weave themselves into our daily existence and broader human fabric. This exploratory workshop will examine these higher orders of law—the laws of spirit—in three parts:

**Part 1** will see you review some of the more prominent laws of spirit.

**Part 2** will have you identify the laws that are most relevant to your life path.

**Part 3** will give you an opportunity to work through exercises to help you more closely examine the laws identified in Part 2 and how to address your core issues, hopefully with greater ease.

All of the material in this workshop is based upon the ambitious work of Dan Millman in his book “The Life You Were Born to Live: A Guide to Finding Your Life Purpose”. (\$125, 5 hours in duration)

### “Forgiveness”

Forgiveness offers us tremendous opportunities for inner peace, joy and love in our lives. From a spiritual perspective, forgiveness is essential for spiritual growth and unlocks a door—it is a key—to higher levels of consciousness. For those who recognize that their inability to forgive themselves and others is holding them back from the inner peace they seek, this workshop will be most beneficial. You will also benefit from attending if you want to develop tools to help others learn how to forgive. In this workshop we will explore what forgiveness is and, more importantly, how to forgive through a series of self-exploratory exercises. We will discuss some of the common reasons we choose not to forgive and examine some practical tools and approaches to forgiveness. (\$125, 5 hours in duration)

**To register your interest for any of the above workshops**, please contact Rev. Robert Meagher at 613-204-0299 or [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com).

All workshops will skillfully blend personal reflective time with facilitated reflection circles to provide the opportunity for discussion with other participants.

Unless otherwise stated, all workshops will be held at the Subud Centre, 357 Wilmont Avenue, Ottawa (at Churchill Avenue, one block South of Scott Street). Please bring any food, snacks and/or refreshments you will need throughout the day. There are kitchen facilities available, with running water, and a fridge you can keep your food, snacks and refreshments in.

You are invited to wear comfortable clothing and consider bringing with you additional layers, such as a fleece, shawl or blanket. The sedentary nature of the day may result in you wanting to add layers to stay warm. Also consider bringing your favorite cushion or pillow for sitting on the floor.

## 14. A Course in Miracles Global Community Centre

Spiritual Guidance is honored to host the 'A Course in Miracles (ACIM) Global Community Centre.' This Centre is a meeting place for ACIM students and teachers from around the world to access coaching counselling, therapy, study and discussion groups, courses, a community café for you to communicate with other students and teachers, and helpful resources and links. Visit the ACIM Global Community Centre at <http://www.servingyourjourney.com/ACIM.html>.

## 15. Serving Your Loved-Ones

Do you have a loved-one who is seriously ill, dying or who has recently died? If so, Spiritual Guidance extends a heartfelt offer to serve your loved ones. Many believe they are helpless in assisting their loved-ones during times of terminal illness and/or when they are dying. Many believe there is nothing that can be done to bring their loved-ones peace or to ease their suffering. Furthermore, many believe that after their loved-ones have died, there is nothing that can be done to continue guiding them to a peaceful passing and rebirth. This is not the case.

Spiritual Guidance is offering to extend the ancient Buddhist practice of 'Phowa' for your loved-ones to guide them to a peaceful passing and rebirth. If you are asking yourself, "If I or my loved-one is not Buddhist and/or does not believe in Buddhism or any form of God, is there any conflict?" The simple answer is 'no'. The Phowa practice invokes the 'truth' of compassion and love that crosses faith / spiritual traditions and beliefs.

If Spiritual Guidance can be of service to you in this way, please:

1. Email us a picture of your loved one (in a standard graphical format; for example: .jpeg, .gif, .pdf, etc.) to [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com).
2. Provide your loved-one's name (first name is all that is necessary) and their date of death (if they have died).

We will add your loved-one's picture to our 'Phowa' practice wall and pray for them daily.

If you have any questions, you are invited to follow up with us. You can contact us at [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com) or 613-204-0299.

Shanti, Namaste, Agape,

Rev. Robert Meagher  
Spiritual Guidance

## 16. Supporting Spiritual Guidance

Spiritual Guidance is an interfaith ministry initiative based in Ottawa, Ontario, Canada that works with people to explore their spirituality. We offer four primary services:

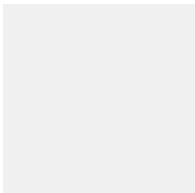
- Sacred attention therapy
- Spiritual exploration and life coaching
- Spiritual programming (e.g., discussion groups, study groups, workshops, etc.)
- Public speaking
- Traditional ministerial services focused on visitation with the sick, infirm and dying.
- Daily contemplative sharing
- OM websites

To learn more about the above-mentioned services, refer to the Services page of our website ([www.servingyourjourney.com](http://www.servingyourjourney.com)).

In addition to the above, Spiritual Guidance maintains an ambitious index of resources on the resources page of our website. We fulfill requests for specific resources to help aspirants on their personal journey toward enlightenment. Spiritual Guidance also creates and distributes this monthly e-newsletter to interested persons throughout the world.

The majority of the above services are offered from the heart, with participation based on in-kind donations and free will offerings. Some recipients of this e-newsletter and other services offered by Spiritual Guidance have expressed gratitude for Spiritual Guidance's presence in their lives and have voluntarily offered donations to support Spiritual Guidance's ministry work. If you would like to support Spiritual Guidance by making a monetary donation:

1. Please go to the home page of our website ([www.servingyourjourney.com](http://www.servingyourjourney.com)) and click on



the button toward the bottom left of the home page.

OR

2. Please follow this link to make a donation via Paypal ([https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=GRP5RLXSVRDFS](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=GRP5RLXSVRDFS)). If the donation link does not work when you click on it, please copy and paste the link into your web browser.

OR

3. Please make your cheque payable to "Spiritual Guidance" and mail it to:

679 Cooper Street  
Ottawa, ON K1R 5J3  
CANADA

Please note that Spiritual Guidance is not a registered not-for-profit or charitable organization at this time. Therefore, we will not be able to provide you with a receipt for taxation purposes.

Love and gratitude for your support and generosity.



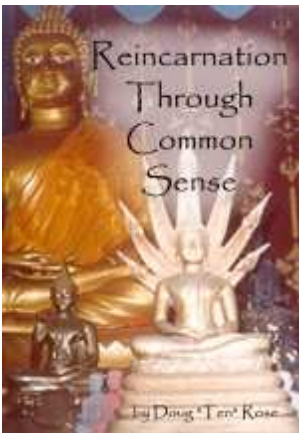
## 17. OM Websites

OM Websites is an extension of the Spiritual Guidance ministry and serves the entrepreneur and business owner by developing, enhancing and maintaining your website and social media marketing presence. OM Websites offers a full range of services to help you build your website and social media marketing presence, with a focus on giving you the tools and ability to maintain your own website and social media marketing initiatives. Visit the [Services](http://www.omwebsites.com/Services.html) page (<http://www.omwebsites.com/Services.html>) for more details. OM Websites specializes in building websites and social media marketing profiles and presences for those businesses and people who offer products and services that are spiritually-oriented.

## 18. Reincarnation Through Common Sense and Fearless Puppy on American Road

\*ALL AUTHOR PROFITS SPONSOR WISDOM PROFESSIONALS AND THEIR EFFORTS \*

“Once you accept the universe as being something expanding into an infinite nothing which is something, wearing stripes with plaid is easy.” Albert Einstein



**Reincarnation Through Common Sense** is a book of stripes and plaid in the most entertaining sense of Einstein's words. Westerners have written many books about living in Asian temples. None are like this true story.

The rural Buddhist Monks and Nuns of a forest temple in Asia adopt a very troubled soul from Brooklyn, New York. He can't speak the language. No one there speaks English. He is penniless, has no intention of studying spiritual discipline, and is amusingly psychotic. This author is not a theology student! He is nonetheless given access to the ancient roots and spiritual wings that define the Wisdom Professionals who have rescued him. He redefines life and reports the details in a manner so intimate and natural that you'll think you are having coffee on a barstool in the temple with him. You may laugh a lot on your way to Nirvana! You may say "Ouch!" a few

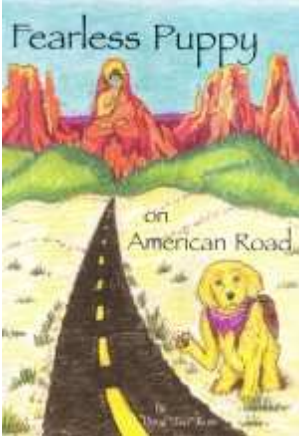
times, too.

Magic is redefined as objective reality and common sense. Spirit is presented as a functional friend, without the fairy dust. Moods run from adventurous psychosis through enlightened bliss as writing styles run through ancient prose to sharp modern internal rhyme. The main character's life runs through death into reincarnation without ever leaving his body—and he describes this process in vivid terms and living color.

This down to earth treatment gives a clear view in simple terms of truths that we more often find fossilized within concretized symbols beneath rusting metaphor. For an experience unique in comedic drama, spirituality, adventure, and sheer creativity, buy and read *Reincarnation Through Common Sense*.

[http://fearlesspuppy.org/m\\_reincarnation.htm](http://fearlesspuppy.org/m_reincarnation.htm)

\$21 in print   e-book \$5.75   ISBN#978-0-692-01952-8



<http://www.fearlesspuppy.org>

**Fearless Puppy on American Road** This amazing (mostly) true story reads like a fantasy. *Fearless Puppy* is a transfictional self-help book. It is both comedic and dramatic—a butt kicking, page-turning adventure story that makes deep spiritual impressions.

Within this book you will meet several saintly Tibetan Lamas. You will also meet a man who is his own uncle, specialists in smoke, mirrors, and invisibility, spirited sex, oxygen orgasms, heavenly Hell's Angels, phony preachers, domestic violence/domestic solutions, racist killers in America, Canadian race wars, Native American wise men, a bit of Christian ethics and Jewish ritual, angelic witches, benevolent heroin addicts, magical birds, an all-lesbian band playing a rock concert for the deaf, the musician raised by multi-ethnic golden-hearted prostitutes, martial artists battling neo-Nazis, the modern-day Robin Hood, and many other strangely wonderful people.

Buckle your seatbelt tightly, take a deep breath, and enjoy the ride. Fearless Puppy runs on rocket fuel!

*\*Please forward this* through your contact and friend lists, and to anyone you think might be interested. Help us raise funds through book sales to sponsor Wisdom Professionals. Your effort is important! Thank you.

\$21 in print e-book \$5.75 ISBN#978--0615781181

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*Doug "Ten" Rose may be the biggest smartass as well as one of the wisest and most entertaining survivors of the hitchhiking adventurers that used to cover America's highways. He is the author of Fearless Puppy on American Road and Reincarnation Through Common Sense, has survived heroin addiction and death, and is a graduate of over a hundred thousand miles of travel without ever driving a car, owning a phone, or having a bank account. Ten Rose and his work are a vibrant part of the present and future as well as an essential remnant of a vanishing breed.*

# Spiritual Guidance

Serving your personal journey toward enlightenment...

June 2015 e-Newsletter

Page | 19

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

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613-204-0299

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Linked In: [ca.linkedin.com/in/robertmeagher](https://ca.linkedin.com/in/robertmeagher)

Facebook: [www.facebook.com/Servingyourjourney](https://www.facebook.com/Servingyourjourney)